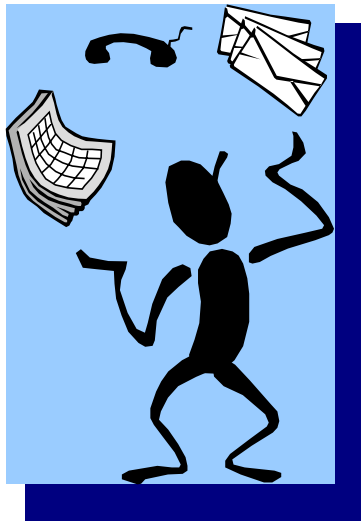


*Are you short on time? Here is a workout that takes an hour to complete. It contains strength and cardiovascular exercises, so you can still manage to obtain a complete work out.  
Get moving!*



**Warm-up** *five minutes*

Choose an activity that raises your heart rate slightly, such as walking at a brisk pace. This helps prepare your body for exercise.

**Cardiovascular exercise** *20 minutes*

Since time is limited, increase the intensity of the exercise. Pick up the pace during your run or increase the resistance more than normal on a cross trainer.

**Strength** *30 minutes*

Perform one to two sets of the following exercises. Pick a weight that is about 60 percent of your maximum for that exercise. Keep rest between exercises to about one minute.

Bench press

Lat pull-down

Military press

Alternating dumbbell curls

Tricep push-down

Leg Press

Squats

**Stretch and cool-down** *five minutes*

Stretch all major muscle groups.